



## Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Direct Counter Attacking

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Groups of 5 players, 3 attackers and 2 passive defenders</li> <li>* 2 attacking players stand approximately 20 yards away from their team mate.</li> <li>* The two players pass it back and forth and then hit a long pass to their teammate, whom is being passively marked by a defender.</li> <li>* The one player who does not hit the long pass then follows the ball for it to be laid back. The process continues.</li> </ul>	<ul style="list-style-type: none"> <li>* Head up to look for target player</li> <li>* As you strike through the ball, put your head and shoulders over it and strike underneath the ball</li> <li>* Receiving player needs to get in line with the pass</li> <li>* Cushion the ball as they receive it</li> </ul> <p><b>Guided Discovery</b> What keys should the target player recognize that the ball is going to be played long?</p>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Two teams of 5 players. Field is split into two halves with a neutral zone in the middle and scoring zones at the end of each half.</li> <li>* Players can not play in the neutral zone.</li> <li>* In one half start with 4v3, the other half has 2v1</li> <li>* The four attackers must move the ball around to try and pass a long ball over the neutral zone to their target player.</li> <li>* They can then move into support the target player and try and score by dribbling into the end zone</li> <li>* Defenders can track back but must leave one up front</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition of when to play forward</li> <li>* Target players understanding of time and space</li> <li>* Timing of supporting runs</li> </ul> <p>As the session develops you can give teams a restriction on the amount of passes they have to make before passing it over</p> <p><b>Guided Discovery Question</b> What can you do as a target player to go directly yourself into the scoring zone on receiving the pass?</p>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Play approx 2/3 of the field</li> <li>* One team try's to score on the big goal</li> <li>* The other team try's to score by passing to a target player through the counter goals.</li> <li>* The team attacking the counter goals have to play through their forward before going to a counter goal. The forward must stay past the half way line</li> <li>* You can work with either team</li> </ul>	<ul style="list-style-type: none"> <li>* Recognition to play forward quickly</li> <li>* Strikers playing off the defenders shoulders to create space.</li> <li>* Keep possession to encourage the opposition to chase so you can create space in behind</li> </ul> <p><b>Guided Discovery Question</b> What must the center forwards do when the team is in possession of the ball?</p>
<p style="text-align: center;"><b>MATCH</b></p>	<ul style="list-style-type: none"> <li>* 8V 8 including GK's or whatever numbers work out for group</li> <li>* Teams can score two points if a goal is scored from a direct counter attack</li> <li>* Make the field long and narrow</li> <li>* Normal Soccer Rules</li> <li>* Little to <b>NO</b> coaching</li> </ul>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p> = Players</p> <p> = Ball</p> <p> = Pass</p> <p> = Cones</p> <p> = Movement without the ball</p> <p> = Goal</p> </div> <div style="width: 45%;"> <p> = Goalkeeper</p> <p> = Dribble</p> <p> = End/ Neutral Zones</p> </div> </div>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Players pass and move in pairs. Stretch</p>	

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